Medication Release with Misoprostol Only

Safety and reliably inducing strong uterine contractions to expel a pregnancy, using medications commonly found in midwifery supplies or over-the-counter in many countries.

-About 85% effective alone.
-Usually effective within a matter of hours after first dose.
-Common side effects include nausea, vomiting, diarrhea.
-Effective to 13 weeks gestation.

-Sublingual:

-Dissolve 4 pills (800mcg) under the tongue for 30 minutes. Repeat 3 hours later. Repeat again another 3 hours later.

-Vaginal:

- Place 4 pills (800mcg) inside the vagina as high as you can reach. Repeat 3-12 hours later. Repeat again another 3-12 hours later.

What to Expect:

-*Bleeding and Tissue.* Most people experience moderate to heavy bleeding for 1-2 hours after the pills "kick in," then bleeding should slow down to period-like bleeding. Most people may need to bear down to pass bigger clots. Most people will pass a good amount of tissue, though embryonic tissue is not always evident. Light bleeding may continue for 1-2 weeks.
-*Cramping.* Most people will experience rhythmic cramping-like menstruation or labor for childbirth. There is a wide variety of how much pain one may feel. Some very little, some a great deal. It should not be significantly more pain than a normal menstrual period for you.
-*Side effects* include nausea, vomiting, and diarrhea. These are all very common.

Possible Complications:

-*Hemorrhage* or excessive blood loss that will not slow or stop. Soaking 2 maxi pads in one hour.
-*Infection* identified by uterine tenderness, foul-smelling vaginal discharge, and/or fever.
-*Incomplete process* in about 15% of cases misoprostol alone will not be enough to end and expel the products of conception. A follow-up method to complete the process may be necessary.

Some Suggestions to Help the Process

-A hot bath can be extremely helpful in order to make the internal environment volatile for growth.
-6000 mg of Vitamin C helps to affect hormones that can help with the process and also helps decrease the risk of infection.

Post-Care

Caring for physical after-effects, emotional connection, and monitoring for complications. The body needs rest, nourishment, love, and a careful eye on potential complications. Period-like bleeding and manageable cramping/pain if normal for 1-4 weeks following the process. Emotional and spiritual resolution or work may help minimize the possibility of complications, as will support, rest, hydration, and some loving care.

Monitoring the Body for Complications

Keep an eye out for any of the following signs indicating possible complications:
-Fever over 100 degrees for 24 hours.
-Soaking 2+ maxi pads in one hour.
-Bleeding that has a foul odor.
-Bleeding that suddenly gets very heavy especially if bright red. Bleeding should always progressively be getting lighter.
-Passing clots the size of an apricot or larger.
-Unbearable cramping and pain.
-Abdominal swelling or tenderness.
-Blood in the urine or stool.
-Continued strong symptoms of pregnancy.
-Nausea, fainting, or dizziness.

Self Treatment

-Try ibuprofen, homeopathic arnica, or marijuana for pain.
-Herbal options to help prevent infection include garlic, echinacea, or Vitamin C.
-If you suspect incomplete abortion, seek follow-up medical care.

Seeking Medical Care

If you suspect a complication, and you received an abortion through a clinic or health care provider, follow up with that provider as soon as possible. If you received care outside of the clinical model, you can see follow-up care in a clinic or emergency room. If your provision was outside the sanctioned system and you need medical attention but you do not want to divulge how the process went, you can simply say you are experiencing symptoms from a natural miscarriage. The symptoms are no different, and no one will be able to tell. Choosing not to divulge how the provision was procured will not change your course of treatment whatsoever. Treatment for miscarriage and complicated abortion are the same.

Emotional Connection and Grounding

It is absolutely normal to feel a wide variety of emotions following this provision. There is no right or wrong way to feel. Take time, when possible, to feel your emotions fully, to make peace with them, or to move past them. For some, this is a highly personal process. Others may seek support from trusted friends and family, elders, clinicians, community members, or doulas. Anonymous talk lines may also provide additional support:
EXHALE ProVoice: 1-866-4-EXHALE (specific after-abortion talk line)
BACKLINE: 1-888-493-0092 (for a range of pregnancy options and outcomes)
FAITH ALOUD: 1-888-717-5010 (multi-faith clergy for spiritual acceptance and support following abortion care)